



# Prescott Weekend Update



April 7th, 2024

Good Afternoon PLC Families:

If you haven't heard, tomorrow (Monday) the prairie provinces will be experiencing a partial solar eclipse. This occurs when the moon moves between the sun and the earth completely, or in our case in Spruce Grove partially, blocking the sun's rays. Down south and east, in a band stretching from Mexico to Montreal, there will be a full solar eclipse. School jurisdictions across the continent, and in these areas in particular, have struggled with how to balance taking advantage of a wonderful learning opportunity with how to best protect against the potential harm of staring directly into the sun. Some jurisdictions have taken the extreme step of cancelling school. Fortunately, schools across PSD will be open tomorrow, albeit with the proper precautions in place.

While these events such a solar eclipse are awe-inspiring, they also pose potential risks to eyesight if proper precautions are not taken. The danger lies in the fact that even during a partial eclipse, which for the PSD region will be about a 22% blockage of the sun by the moon, the sun's intense radiation can cause severe damage to the eyes. Looking at the sun directly during an eclipse can lead to solar retinopathy, permanently damaging the retina's light-sensitive cells.

Simply, staring at the Sun without protection may cause damage to the retina (the tissue at the back of your eye) called "solar retinopathy." This damage can occur without any sensation of pain. The injury can be temporary or permanent. The only real safe way to observe the eclipse is by using glasses that meet the ISO 12312-2 international safety

Phase	Time	Event
	<b>11:54:21</b> Mon, Apr 8	<b>Partial eclipse begins</b> The moment the edge of the Moon touches the edge of the Sun is called first contact.
	<b>12:46:37</b> Mon, Apr 8	<b>Maximum eclipse</b> The deepest point of the eclipse, with the Sun at its most hidden.
	<b>13:39:42</b> Mon, Apr 8	<b>Partial eclipse ends</b> The edge of the Moon leaves the edge of the Sun.

standard. Unfortunately, **regular sunglasses, even very dark ones, are not safe for looking at the Sun as they do not protect your eyes from the sun's radiation.** While it would not be impossible to procure the roughly 900 sets of eye protection required for students and staff, we simply could not ensure that curious students, particularly the younger students, wouldn't sneak a peek at the eclipse without their glasses. The other concern is that the timing of the eclipse means that it occurs smack dab over the noon recess, as the graphic above indicates, from 11:54 am through 1:39 pm.

With the understanding that even a brief look at the partly eclipsed sun can result in permanent harm, and that children may need extra supervision during eclipses as they may not fully comprehend the risks involved, we have made the decision to have an indoor lunch recess tomorrow (Monday). Further, we will refrain from holding any outdoor activities during block five

after lunch. While unfortunate, this is the most prudent approach in keeping your child(ren) safe from permanent harm.

My other concern is for students who walk home for lunch. I ask that if your child leaves campus over the noon hour you have a conversation with children about eye protection or looking at the sun. Even better, consider having them stay at school over Monday lunch. Finally, you will need to visit your local doctor of optometry immediately if an accident occurs with your child.

Please let me know if you have any questions or concerns. And here's what's happening the rest of the week at PLC:

Important Events This Week				
Monday 8 <sup>th</sup>	Tuesday 9 <sup>th</sup>	Wednesday 10 <sup>th</sup>	Thursday 11 <sup>th</sup>	Friday 12 <sup>th</sup>
PLCFF Blizzard Day	Ski and Snowboard Club @ Rabbit Hill (All Day)	PLC Fundraising Foundation Meeting (6:30 pm)	Hot Lunch: Pizza 73 PSD Education Planning Day	Thursday Schedule SGCHS Gr. 9 Course Selection Visit PLC Powwow Practice (6:00 - 8:00 pm)
Important Events Next Week				
Monday 15 <sup>th</sup>	Tuesday 16 <sup>th</sup>	Wednesday 17 <sup>th</sup>	Thursday 18 <sup>th</sup>	Friday 19 <sup>th</sup>
National Volunteer Week Gr. 7 Field Trip (Vertically Inclined)		Gr. 7 Field Trip (Vertically Inclined)		Wednesday Schedule

#### Athletics/Badminton Dates This Week\*

<b>Monday</b>	Jr. Practice @ 3:00 - 4:30 pm
<b>Tuesday</b>	Sr. Practice @ Noon Sr. Game @ Broxton Park 3:30 - 5:00 pm
<b>Wednesday</b>	Jr. Practice @ Noon Jr. Game @ Broxton Park 3:30 - 5:00 pm
<b>Thursday</b>	Sr. Practice @ 3:00 - 4:30 pm
<b>Friday</b>	

\*These times are subject to change.

Follow our Facebook athletics page "Prescott Learning Centre Athletics" for up-to-date pictures and info. You can also access the athletics calendar on our school website - <https://prescott.psd.ca/programs/athletics> - This should make it easy to filter by your athlete's team and sync to your calendar on your device.

## New and Updated Information

**PLCFF Meeting Wednesday** - The PLC Fundraising Foundation will be hosting the April meeting this Wednesday at 6:30 in our Collaboration Centre. All are invited to attend. Please look out for the virtual invitation in your inbox tomorrow morning.

**Updated Parental Contact information** - I need to ask that if you have recently moved, have a new home or cell phone number, or have a new email address that you contact the office with this updated information. Recently we have encountered some instances where we have been unable to contact either the parents or emergency contacts of sick children. Further, we have had some important messages go home to families only to bounce back to the school. All of these instances were a result of outdated contact information. Please contact the office with any new contact information. Thank you.

**Lost and Found** - Since parent teacher interviews in March we have had the lost and found items from our overflowing bin on tables in the common area. On Friday after school we are going to bag these items up and donate them to charity. Please take a moment this week to have your child or yourself look through the items located in the main floor common areas. I ask that you please check in at the office first. Thanks.

**Free Grief Support Group** - There is a free grief support group starting next week for kids 10-13 at Family Life Psychology next week. The information in the April edition of "Stronger Together" newsletter. However, in light of recent losses I am highlighting these sessions here.

<http://mail.albertaparenting.ca/event/supporting-children-through-grief/2024-04-09/>



**Dental Health Visit** - On behalf of our Grade One Team I'd like to take a moment to thank Tennille and Karo Dental for coming in to talk to our Grade 1 students about their dental health and oral hygiene. It was a great presentation, and some of the kids even got to dress up like teeth! Thank you Tennille, thank you Karo Dental.

**Puma News Streamed Live!** Starting Tuesday, April 8th, Prescott Puma News will be streamed LIVE on the Prescott Facebook Page! <https://www.facebook.com/PrescottPSD>.

Prescott Puma News is a twice-a-week broadcast, Tuesday and Friday mornings, that showcases student learning, school events/activities, sports teams, and more! Grade 5-9 students write the news and handle all of the technical aspects of the broadcast under the supervision of Mr. Adams and Mr. Brooks. The broadcast is live, not pre-recorded, so at times the News Crew has to adapt to breaking news or technical difficulties on the fly. News Crew

Members give up their breaks and arrive at school early on broadcast days, so they would love it if you could tune in to see their hard work!

**Ski & Snowboard Club** - Ski & Snowboard Club finished their final ski day at Rabbit hill this past Tuesday! Thank you to all of the students who joined our club. We are so proud of how much you grew on the hill from skill to responsibility! You were all very respectful and made our trips a success!

We also want to thank the parents of this club for being so supportive and flexible as we navigated an unprecedented amount of cancellations and re-scheduling! We appreciate you! See you next year, Mrs. Vasileff & Mrs. Blanchet

**PLC Fundraising Foundation Update** - Monday, April 8th - Blizzard Day!

Thursday, April 11th - Pizza 73 Hot lunch

***Orders for Pretzel Day*** (April 26) will be closing on Thursday, April 11th! Place your pretzel lunch order through your hot lunch account.

***Kernels Popcorn!***- Now Open through your hot lunch account! \$2.50/individual size bag and 11 different flavours to choose from!

Orders close April 17th and pick-up will be on May 3rd at the school from 3-6pm.

***Robin Hood is coming!!***

PLCFF is so excited to announce that we are hosting the Missoula Children's Theatre in our school later this month from April 29-May 4. There will be the opportunity for 60 different positions/performers (grades K-9) to help put on the show...More details to come soon!



**Rubberized Playground Fundraiser** - On April 19, Little Big Town Western Market is hosting an event supporting PLC's goal of inclusion and accessibility. We invite those over the age of 18 to attend this function located in the Pavilion at Heritage Park (5100 41 Ave Stony Plain).

On Friday, from 6-10 pm, there will be live music, over 60 market vendors and a silent auction with all the funds raised going towards our rubber matting incentive for the playground. The entry fee is \$7 and includes one free drink and an entry for 2 CCMA tickets. Bidding on the silent auction items will take place from 7-9 pm.

This market does extend to April 20 where it is a family friendly event. Please go support Little Big Town Western Market as they support us at Prescott Learning Centre.

### **Previously Shared Information**

**Extra Shoes for PE** - With the warm weather comes mud, and lots of it. Unfortunately, muddy shoes take their toll on our gym floors. This, and for the safety of everyone, students with muddy shoes are unable to participate in PE class. Please ensure that you send your child(ren) to school with indoor shoes. Thanks in advance for your cooperation



PARKLAND  
SCHOOL DIVISION

## Stronger Together

A monthly newsletter with information to help you and your family navigate your child's educational journey.

April 2024 - HEALTHY FAMILIES

**April Stronger Together Newsletter** - PSD's Family Supports April Stronger Together Newsletter focuses on healthy families with information sessions on how to communicate with youth, parent advocacy and supports as well as information about community Autism supports. You can access the current and archived newsletters at: <https://www.psd.ca/division/student-wellness/stronger-together-newsletter>

# SHIKAOI EXCHANGE

**Shikaoi Student Exchange** - Every July, the Town of Stony Plain sends a student delegation to Shikaoi, Japan for ten days to visit, travel and experience their local culture. The delegation will spend time touring museums, temples and shrines, participate in local festivals and activities and spend time at the local schools. While in Shikaoi, students will live with a host family and participate in family events, activities and traditions. It is a fantastic opportunity for students interested in expanding their worldview.

#### EXCHANGE CANDIDATE QUALIFICATIONS:

The Shikaoi Student Exchange Program is for students in Grades 9-12 and be between the ages of 14-18 at the time of application. This program is ideal for students who:

- Are active, outgoing, personable and responsible
- Have been away from friends and family before without difficulty, such as attending summer camp
- Can adapt easily to new situations and who are comfortable meeting new people
- Are enthusiastic and eager to participate in new activities
- Demonstrate an interest in the history and culture of Japan

For more information, please visit: <https://www.stonyplain.com/en/play/shikaoi-exchange-program.aspx>

**Final Thoughts** - A last reminder that our first ever Powwow Practice is this Friday from 6:00 to 8:00 pm. Everyone is welcome to attend this free event. In addition to our indigenous drummer group, we will have smudging, a crafts table for children, and dance instructor Mariah Dumont to help with the steps. I hope you can join us for some fun and some learning.

Once again, if you have any questions or concerns please reach out to my assistant principals and me at the school by calling 780-571-8079 or emailing us at:

[heather.huisman@psd.ca](mailto:heather.huisman@psd.ca)

[esther.vanbeek@psd.ca](mailto:esther.vanbeek@psd.ca)

[chris.shaw@psd.ca](mailto:chris.shaw@psd.ca)

Thanks again for taking the time to read this week's memo. Chris

# POWWOW PRACTICE

APRIL 12 & MAY 10  
6 - 8 PM

With dance instructor Mariah Dumont and  
guest singers from Alexis Nakota Sioux Nation

LOCATION: PRESCOTT LEARNING CENTRE  
340 PIONEER ROAD, SPRUCE GROVE

SOUP AND BANNOCK FOR THE FIRST 50 GUESTS  
FREE FAMILY EVENT. ALL ARE WELCOME!

For more information email:  
[admin@skydancerindigenous.com](mailto:admin@skydancerindigenous.com)



# Every minute counts

Good time keeping benefits your child's healthy morning routine and prevents loss in their learning.



Your child has arrived in good time.



Morning routine begins.



Your child has missed their time to settle and get ready to learn. Anxiety may be setting in.



Your child will enter the classroom and students will have already gone over today's schedule and discussions will have begun.



The day's lessons are in full swing. Your child is now starting the day in a deficit. Anxiety can develop, leading to low participation or heightened emotions.

**Better late than never, but never late is better!**



Thank  
You  
VOLUNTEERS  
YOU'RE DOING A GREAT JOB!



**NATIONAL  
VOLUNTEER WEEK  
APRIL 14-20, 2024**

# Every Child Matters T-Shirt Fundraiser



Youth Sizes \$23

Adult Sizes \$27

Ruby Osborne, a PLC Grade five student, has been awarded the Youth Inclusion Initiative Bursary of \$500 from Foundations for Cohesive Communities! The Youth Inclusion Initiative Fund is for a youth-led initiative to raise awareness, foster inclusion, and/or address barriers in our communities or schools. Ruby's Initiative is to host monthly Powwow Practices at Prescott School starting in April.

This community event will be facilitated by Skydancer Indigenous Cultural Centre. It is Ruby's hope that this will bring cultural teachings to Urban Indigenous students and particularly to those living outside of their culture. It will be open to everyone, all ages and abilities, so that Non-Indigenous students and community members can learn alongside their Indigenous peers.

To help cover the remaining costs (and to make sure she has enough bannock for everyone!) Ruby has decided to sell Orange T-shirts with her "Every Child Matters" logo on it. Ruby's original painting, along with her story behind the meaning, can be found in the showcase by the gym at Prescott Learning Centre. If you are able, please help support this important initiative by purchasing an Orange Shirt and carry the message forward that Every Child Matters! Stay tuned for Powwow Practice dates to

follow! **Please Contact the Office for more Details**

# JUNIOR PROGRAM



Pickleball  
Easy to learn.  
Fun to play!

**AGES  
12 - 17**



Only **\$25** to join!  
Starts **April 17**  
(weather permitting)

**Thursday**  
7:00pm - 8:30 pm

**Saturday Drills**  
9:00am-10:00am

Henry Singer Park  
Spruce Grove

**BECOME A MEMBER**

[parklandpickleheads.com](http://parklandpickleheads.com)

For more info, contact [juniors@parklandpickleheads.com](mailto:juniors@parklandpickleheads.com)



# Prescott Clothes



**YOUTH HOODIE (Black/Grey/White)**

**\$30**

**ADULT HOODIE (Black/Grey/White)**

**\$32**



**SWEAT PANTS (Black ONLY)**

**\$25**



**YOUTH T-SHIRTS (Black/Grey)**

**\$12**

**ADULT T-SHIRTS (Black/Grey)**

**\$15**



# TRIREGION FOOD RESOURCES

Updated: November 2022

## FOOD HAMPERS

### **Parkland Food Bank**

105 Madison Crescent, Spruce Grove  
 Monthly Food Hampers, by appointment,

- Tuesdays 8:30AM-4:30PM
- Wednesday 8:30AM-2:00PM + 6:20-8PM
- Friday 8:30AM-4:30PM
- Saturday 8:30AM-12:30PM

780-962-4565 ext. 1

### **WEE Community Food Bank**

5019 50 Ave Entwistle AB (Old Fire Hall)  
 Monthly Hampers, by appointment on Wednesdays, Call before  
 Tuesday for appointment.

780-727-4043

### **Wecan Food Basket**

5600-50 St, Stony Plain  
 Fresh Nutritious Affordable Food Basket  
 Order by first Friday, pickup on third Thursday of month  
 Monday - Friday, 9AM-4PM  
 587-338-1101

### **Warming Hearts Pantry**

4911-50 St., Tomahawk (liquor store)  
 Food pantry of non-perishable items. No appointment necessary.

## BASIC NEEDS HELP

### **Community Helps Team**

180 Century Road, Spruce Grove  
 780-962-5611 / 789-306-1955  
[helps@sprucegrove.church](mailto:helps@sprucegrove.church)

### **NeighbourLink Parkland**

Serving Spruce Grove, Stony Plain, Parkland County  
 780-960-9669  
[www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)  
[neighbourlink.parkland@telus.net](mailto:neighbourlink.parkland@telus.net)



## FOOD RESCUES

### **Auggie's Cafe**

131 Church Rd, Spruce Grove  
 Tuesdays 11-1PM

### **apfa Food Rescue**

Family Connection Centre  
 5600 50 Street, Stony Plain  
 Thursdays 10AM - 3PM  
 Fridays 1-4 (Check facebook for updates)

### **Food for the Soul**

Lighthouse Pentecostal Church  
 49 Boulder Blvd., Stony Plain  
 First and third Saturday 10AM-1PM

### **Grace's Table**

250 Century Road, Spruce Grove  
 Second Friday of month 5PM-6:30PM

### **Community Table**

180 Century Road, Spruce Grove  
 Last Friday of the month  
<https://www.sgconline.breezechms.com/form/communitytable>  
 780-962-5611

## COMMUNITY MEALS

### **Auggie's Cafe**

131 Church Rd, Spruce Grove  
 Drop-in for take out bagged lunch  
 Tuesdays 11-1PM

### **Food for the Soul**

49 Boulder Blvd., Stony Plain  
 Drop-in for bagged lunch  
 First and third Saturday 10AM-1PM

### **Grace's Table**

250 Century Road, Spruce Grove  
 Hot meal to go for pick up  
 Second Friday of month 5PM-6:30PM  
[www.sgac.net/eventregistration](http://www.sgac.net/eventregistration)  
 780-962-4700

### **Community Table**

180 Century Road, Spruce Grove  
 Hot meal to go for pick Up  
 Last Friday of the month  
[www.sgconline.breezechms.com/form/communitytable](https://www.sgconline.breezechms.com/form/communitytable)  
 780-962-5611



# COMMUNITY LOW COST COUNSELLING SERVICES

Updated November 2023

All listed services do not exceed \$75.00 per hour and are available to anyone in the Tri-Municipal Region.

## Dochas Psychological Services Hub for Hope

202, 636 King Street, Spruce Grove

- Hub for Hope provides individuals with 8 (50 minute) counselling sessions at no cost, provided by an intern psychologist.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-446-0300

## Family Life Psychology

201, 323 McLeod Ave, Spruce Grove

- Family Life Psychology offers counselling services with Mental Health Therapists at a reduced rate of \$75 per hour.

Phone Number: 780-963-7451

## Alycol Integrated Health Services Restore Program

Suite 201, 95 McLeod Avenue, Spruce Grove

- Alycol's Restore Program offers no/low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00 per hour with a practicum intern.
- Counselling options can be provided either in person or virtual.

Phone Number: 780-409-8798

## Family Resource Network

Family Connections Centre  
5600 50 Street, Stony Plain

- The Family Resource Network offers free single session virtual counselling to children and youth under 18 and their caregivers.

Phone Number: 1.877.244.2360

## Schaffer Psychology

Suite 103, 7 Boulder Blvd, Stony Plain

- Schaffer Psychology offers no/low-cost therapy sessions on a case-by-case basis with a maximum rate of \$50.00 per hour with a practicum intern.

Phone Number: 780-910-3420

**If you are a service provider in the Tri-Municipal Region, and would like to be included on this list please contact [connect@stonyplain.com](mailto:connect@stonyplain.com) . Please note, being included on this list does not constitute an endorsement by the Town of Stony Plain Community and Social Development.**

## Tri-Municipal Region Support Guide

### I NEED TO TALK TO SOMEONE NOW (24H)

Distress Line .....	780-482-4357(HELP)
Addiction Helpline .....	1-866-332-2322
Child Mental Health (8am-11:45pm) .....	780-407-1000
Kids Help Phone .....	1-800-668-6868
Bullying Helpline .....	1-888-456-2323
BriteLine (for 2SLGBTQIA+) .....	1-844-702-7483
Seniors Abuse Helpline.....	780-454-8888
Family Violence Info Line.....	310-1818
Sexual Assault Centre (9am-9pm).....	780-423-4121
First Nations & Inuit Mental Health Hope for Wellness .....	1-855-242-3310
National Indian Residential School Crisis Line .....	1-866-925-4419
MMIWG Helpline.....	1-844-413-6649

### I NEED IMMEDIATE HELP **Call 911**

Emergency Financial Assistance ..	780-644-5135
Access 24/7 (Adults)	
Addictions & Mental Health .....	780-424-2424
Child Intervention Services .....	780-422-2001
Children's Cottage Childcare .....	780-944-2888

### I NEED HEALTH INFORMATION

Health Link Alberta (24/7) .....	811
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### I DON'T EVEN KNOW WHERE TO START?



24-hour information and referral line connecting you to social, health and government services.



**www.HelpSeeker.org**  
Get the app on your phone to find local supports and resources.

## HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

**Spruce Grove FCSS**  
#105 - 505 Queen Street  
Spruce Grove, AB  
**780-962-7618**

**Town of Stony Plain**  
Community and Social Development  
#107, 4613 - 52 Avenue  
**780-963-8583**



### WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

George Spady (men, women) .....	780-424-8335
Women's Emergency Accommodation Centre .....	780-423-5302
Hope Mission (ages 16+, men, women)....	780-422-2018
Youth Empowerment & Support Services (YESS).....	780-468-7186
Salvation Army (Transitional Housing, \$13/day) .....	780-429-4274

### I NEED A DOMESTIC VIOLENCE SHELTER

Alberta Council of Women's Shelters 24/7 .....	1-866-331-3933
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### I NEED DETOX SUPPORT

George Spady.....	780-424-8335
AHS Detox Centre .....	780-427-4291
Youth Edmonton Detox.....	780-408-8783

### I NEED A SAFE CONSUMPTION SITE

George Spady Centre .....	780-424-8335
Boyle McCauley Health Centre....	780-422-7333

### I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Adult Addictions/Mental Health	780-424-2424
Youth Addiction Services .....	780-408-8783
Access Open Minds (youth 16-25).....	780-415-0048
Child and Adolescent Mental Health Services.....	825-402-6799
WestView PCN Youth Mental Health Clinic (ages 11-24) .....	780-960-9533

### I NEED HELP WITH BASIC NEEDS

NeighbourLink Parkland .....	780-960-9669
Community Helps Team .....	780-962-5611
Pay Forward Kindness (homeless supports).....	587-286-4663
Parkland Pregnancy Support Centre (Tue & Thurs 12-3pm).....	780-962-5505

### WHERE CAN I FIND FOOD?

Parkland Food Bank .....	780-962-4565
WeCan Food Basket.....	587-338-1101

### WHERE CAN I FIND A COMMUNITY MEAL?

Auggies Café (Take out, Tues 11AM-1PM) 131 Church Rd, Spruce Grove.....	780-962-5131
Food for the Soul (1 <sup>st</sup> , 3 <sup>rd</sup> Sat 10AM-1PM) 49 Boulder Blvd., Stony Plain .....	780-963-3110
Grace's Table (2 <sup>nd</sup> Fri 5-6:30PM) 250 Century Road, Spruce Grove .....	780-962-4700
Community Table (last Fri 5-7PM) 180 Century Road, Spruce Grove .....	780-962-5611
apfa Food Rescue Community Fridge (M-F 8:30-4PM) 5600-50 Street, Stony Plain .....	780-963-0549